Name:	
Date:	
Class:	

Exercise and Heart Rate

Current Heart Rate:	
Predicted MHR:	Formulas:
THR Zone:to	Heart Rate= (Number of
1111 Zono	Pulses counted in 15 sec.) x 4
	MHR-
	220-your age= Predicted
After The Stretch and Jog Exercise	MHR
TT	THR Zone-
Heart Rate:	1 st number= (MHR) x 0.50
	2^{nd} number= (MHR) x 0.80
Does this heart rate fall in your THR zone?(c) Yes or No	ircle one)
If so, what was it like to exercise in your THR feel you can do to reach and exercise in your	•